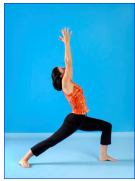


Sacred

Thoughts and actions that are sacred enable us to access trust in ourselves and others. When I think of sacred actions, I think of actions that come directly from the heart; a childlike, pure, unfiltered impulse compared to the usual logical mind, filled with judgement and evaluation. Progress in our sacred selves occurs when we begin to trust our actions. The we begin to feel greater power, and therefore, a sense that we are protected. As we trust ourselves and others, a feeling of being blessed seems to come our way -- actions are easier, lighter, and filled with grace and ease.

Asanas



Virabhadrasana 1



Virabhadrasana 2



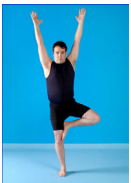
Virabhadrasana 3



Urdhva Mukha
Svanasana



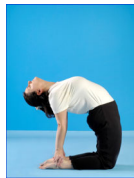
Urdhva Mukha
Svanasana



Vrksasana



Prasarita
Padottansana



Ustrasana



Paschimottanasana



Supta Virasana



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Application: When it comes to our yoga practice, we spend a great deal of time trying to figure out when we can do it, where, and even what are we going to wear. Why procrastinate? Why wait? Hindsight always tells us that we should've just gone to the mat when we felt like it, so that all the excuses of our busy lives don't get in the way. Make each moment sacred for the practice; begin to design your day around those actions that are sacred.

For other practice sheets, see www.fulcrumblu.com.